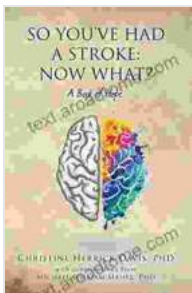


Now What of Hope: Finding Strength and Renewal in the Journey of Grief and Loss



So, You've Had a Stroke: Now What? A Book of Hope.

by Nancy Friday

★★★★☆ 4.6 out of 5

Language : English
File size : 2331 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 175 pages
Lending : Enabled



Grief is a universal human experience. We all experience it at some point in our lives, whether it's the loss of a loved one, a job, or a relationship.

Grief can be a devastating experience. It can leave us feeling lost, alone, and hopeless. But it's important to remember that grief is a natural process. It takes time to heal, and there is no right or wrong way to grieve.

Now What of Hope is a compassionate and practical guide to help you navigate the journey of grief and loss. Written by a grief counselor, this book offers support and advice to help you:

- Understand the grieving process
- Cope with the emotional and physical symptoms of grief
- Find meaning and purpose in your loss
- Rebuild your life after loss

Now What of Hope is a valuable resource for anyone who is grieving. It offers hope and healing in the face of adversity.

What Others Are Saying About Now What of Hope

"Now What of Hope is a must-read for anyone who is grieving. It's a compassionate and practical guide that offers hope and healing in the face of adversity." - **Dr. Alan Wolfelt, author of Healing Your Grieving Heart**

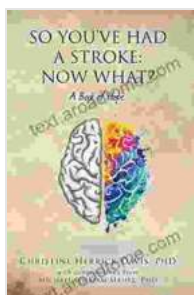
"This book is a gift. It's full of wisdom, compassion, and practical advice." -
Rev. Dr. Serene Jones, author of Finding Hope in Grief

"Now What of Hope is a lifeline for anyone who is grieving. It offers hope and guidance on the journey to healing." - **Dr. David Kessler, author of The Needs of the Dying**

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May this book bring you comfort, hope, and healing on your journey of grief and loss.



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